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OTTAWA metro®
Thursday, February 28, 2013
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Jailhouse confession leads to murder arrest: Police

'Cold call.' Accused knew details of Jennifer Stewart's death in 2010 that only killer would know: Investigators

A "cold call" from a man behind bars who wanted to get something off his chest led to him being charged with first-degree murder Wednesday in the stabbing death of Jennifer Stewart, police say.

Insp. John Maxwell said Adrian Daou, 22, of Ottawa, confessed to police while in custody at the Ottawa-Carleton Detention Centre Tuesday and had a formal interview shortly after.

Stewart's body was found Aug. 20, 2010 in a parking lot on Alice Street in Vanier. She was a prostitute and police said she died of multiple stab wounds.

"He gave a lot of detail about the crime that only the perpetrator would know," said Maxwell Wednesday, a few hours after the accused's court appearance.

Daou has not entered a plea in the case and none of the police allegations, including the alleged confession, have been proven in court.

Daou wore a dark brown winter coat as he stood in the prisoner's box to face a judge. He didn't say anything other than his name.

He was ordered not to communicate directly or indirectly with three individuals. His next court appearance is March 7 by video.

Maxwell wouldn't say what prompted Daou, who was 19 at the time of the murder, to come forward to police, but said that information may be brought to light at a later date.

Court records show Daou was sentenced Feb. 13 to nine months in jail for possession for the purpose of trafficking and not appearing in court.

He had to give a DNA sample and was given a life weapons prohibition.

Daou's lawyer, Robert Carew, said his client was "calm and collected" when he called him for advice after getting arrested Tuesday. Carew said he has represented him in the past.

Carew said he is waiting for more disclosure from the Crown.

Friends of the accused attended the hearing for support.

JOE LOFARO/METRO

SN'OH!

Several OC Transpo buses stuck on Bank Street, near Belmont Avenue, in old Ottawa South Wednesday. Environment Canada said Wednesday afternoon approximately 20 centimetres of snow was expected to fall by the evening. Ottawa police reported 74 collisions from 9 a.m. to 4:30 p.m., although they said none were serious. The snowy conditions also caused five OC Transpo become disabled near the Bank Street bridge by Riverdale Avenue, police said. Ottawa paramedics said they responded to 26 collisions between 9 a.m. and 5:45 p.m. MIKE CARROCCETTO/FOR METRO

Ottawa jail mom arrested

Julie Bilotta — who gave birth on the floor of her jail cell in September — is back in court for allegedly breaking the conditions of her release PAGE 4

A complete meal in a bowl

This meat and pasta soup is hearty enough to be served as a main course PAGE 20

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TomaHawks' rechristening should spur Redskins: Activist

Uproar. Owner decided to change name of new National Basketball League team after controversy erupted

GRAHAM LANKTREE
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The abrupt decision to change the name of Ottawa's new basketball team a day after public outcry derided it as culturally insensitive should give pause to the Nepean Redskins, Ojibway musician Ian Campeau said on Wednesday.

"Hopefully, this is a good watershed moment for the Nepean Redskins," said Campeau, a member of electronic music trio A Tribe Called Red who has waged a lengthy and controversial campaign to pressure the west-end youth-football team to change its moniker. "You see a pro team taking responsibility, and then on the other hand there's a team with an absolutely racist name that has to go not taking any action."

Campeau praised the National Basketball League of Canada team owner Gus Takkale, president of Bytown Sports & Entertainment, for making the call to pull the name just hours after the TomaHawks brand was unveiled and a firestorm erupted on Twitter calling the name racist.

"Names like the Warriors isn't racist, but it's culturally inappropriate," said Campeau. "Same with the TomaHawks."

Takkale said he was surprised by the speed of reaction online after the name was revealed at a press conference Tuesday afternoon and said he will have to reprint T-shirts, business cards and banners made to promote the team.

"I'm hoping to set an example of what we do as citizens of this community," he said of the decision, indicating that his group will meet Wednesday afternoon to consider whether they can keep the logo. "It wasn't intended to be racist. I'm here to do the right thing."

TomaHawks no more. With the team's name change announced, talk soon shifted to whether aspects of the team logo could be salvaged. JOE LOFARO/METRO

Mayor Jim Watson weighed in, noting how important consultation can be to business success. "Obviously, they did not do the kind of consultation they should have done," Watson said. "They certainly spoke with me and with my office before the launch, and I strongly suggested that they have proper consultations with First Nations, particularly with the Algonquins of Ontario. That didn't happen and the issue blew up on them. I'm glad they made a decision as quickly as they did to reverse themselves."

WITH FILES FROM ALEX BOUTILIER

Plasco granted five-month extension

Plasco' s demonstration facility. CONTRIBUTED

Ottawa City Hall has granted Plasco Energy Group a five-month extension, giving the fledgling trash-to-energy operation until August to get its financial house in order.

City councillors agreed to the extension at a meeting on Wednesday after a number of councillors raised questions on how comfortable the city remains with Rob Bryden's trash-gasification plans.

City manager Kent Kirkpatrick said that, based on conversations with Bryden, staff are comfortable with the extension. So is Mayor Jim Watson — but he hopes this is the last extension sought by Bryden.

"Our desire, obviously, is to see this project succeed because we think it would be good for the environment and good for the economy," Watson said after the meeting. "But I'm hoping that this is the last extension at the end of August, and that we see some progress to get this project up and running."

Bryden said last month that he's confident that the August deadline will be enough time to finalize financial agreements with both short- and long-term lenders, as well as an equity partner.

The original deadline for that was March 31. But Bryden said the process is down to the short strokes.

There's also the matter of negotiating an agreement with the Ontario Power Authority on the rate Plasco will sell energy — converted from gas through a "plasma gasification" process — back to the grid. Bryden said those negotiations were going well.

ALEX BOUTILIER/METRO

Jail mom arrested for alleged bail breach

Labour of justice. Julie Bilotta granted bail last October after giving birth in jail cell, still facing drug and fraud charges in addition to new counts

Julie Bilotta, who gave birth in an Ottawa jail cell Sept. 29, 2012, holds her son at the Elizabeth Fry Society of Ottawa Oct. 18 after being granted bail that same day in Cornwall. JOE LOFARO/METRO

JOE LOFARO
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A 26-year-old mother who gave birth to a baby on the floor of an Ottawa jail cell last September was back in court Wednesday for allegedly breaking conditions of her release.

Julie Bilotta made national headlines when she claimed prison guards ignored her cries for help when she went into labour in her segregation cell at the Ottawa-Carleton Detention Centre (OCDC). Her child was born breech one month prematurely on Sept. 29, 2012.

She is facing drug-trafficking and fraud charges.

On Wednesday morning she appeared in court for a show-cause hearing after she was arrested Tuesday for breaching her terms of recognizance. Her voice was hoarse when she said her name to the judge.

She will appear in court on Friday by video remand.

Her lawyer, Lawrence Greenspon, told Metro she will not return to the OCDC and arrangements have been made for her to stay somewhere else while in custody.

Bilotta was granted bail in mid-October under strict conditions, including that she live with her son at Norwood House, a transitional housing organization for women run by the Elizabeth Fry Society of Ottawa.

Three weeks ago her lawyer Don Johnson decided to drop her criminal case following a judicial pretrial hearing in Cornwall. Greenspon has since then taken on the case.

WITH FILES FROM THE CANADIAN PRESS

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The number of Canadians turning to the internet with their health questions is steadily on the rise, with one in three adults searching online for medical diagnosis. The internet has facilitated access to information that would have been out of reach just years ago. Unfortunately, when it comes to medical treatments, much of the information found online is unreliable, inaccurate or biased. However, it is important to embrace the internet as a tool for providing Canadians with the information they want through the medium they prefer. This event will explore a resource that does exactly this – *The Cochrane Library* is an online library housing more than 5,300 research reports on healthcare treatments and interventions, which are internationally recognized as the highest standard in evidence-based healthcare. This is an opportunity to learn about a trusted online resource to help you make informed decisions about your health. Join us for a discussion on this important issue.

Experts
Dr Jeremy Grimshaw
Canada Research Chair in Health Knowledge Transfer and Uptake
Director, Canadian Cochrane Centre

Dr Sam Shortt
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Marilyn Walsh
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Elementary-school toilet seats causing burns

School board officials have asked police to investigate after several students were burned using toilets in the school. METRO FILE

Not new. Problems go back to April 2012, when a similar incident emerged in school's YMCA-run daycare: Officials

GRAHAM LANKTREE
graham.lanktree@metronews.ca

An Orleans elementary school has brought in police after a series of incidents left more than eight children with blistering chemical burns after they sat on school toilet seats officials said Wednesday.

"After an extensive and thorough investigation, we could not conclusively identify that it was the cleaning solution," said Ottawa-Carleton District School Board spokesperson Sharlene Hunter, citing an investigation led by Superintendent of Instruction, Neil Yorke-Slader.

"As part of our investigation, we have contacted the police to discuss mischief as a possible cause," wrote Yorke-Slader in an email. The school has replaced all of the toilet seats in the affected bathroom at Avalon Public School and is now keeping a log of who uses the facilities, Hunter said.

Tuesday evening the school board held a meeting to alert parents to the incidents which began mid-November and occurred again Feb. 8 when several students showed signs of irritated and itchy skin. The school board is now testing the clothing of one of the students to isolate and identify the corrosive substance.

School staff continue to monitor the disinfectant dilution system at the school and are testing the seats daily to see if the corrosive reemerges, Hunter said.

New deal

City OK's funding for Scotiabank Place bus ramp

Ottawa city council voted to contribute $250,000 to a new bus-only off ramp near Scotiabank Place on Wednesday.

The deal involves $750,000 in public money from the project — $250,000 from the city, $500,000 from the provincial government — with Capital Sports Properties Inc. picking up the rest of the tab. According to the city, the public money is capped at $750,000.

"Finally, we're seeing some movement on that, because that is one of the choke points of getting the buses out because they're intermingling with traffic," said Mayor Jim Watson on Wednesday. ALEX BOUTILIER/METRO

Investigating

Cops search for link between swarmings

Ottawa police are investigating whether there is a link between two separate swarmings that ended in one instance with two victims being stabbed.

Police say on Tuesday around 6:45 p.m., a teenaged boy on an OC Transpo bus was accosted by seven to eight other males, who boarded the bus in the Ogilvie Road, Elmridge Drive area. The group tried take the boy's headphones and hat, and he was assaulted by one of the suspects. Later the same night around 8:10 p.m., two young men were walking near Montreal Road and Laporte Street when they were approached by a group of 10-12 males, who demanded the men give them their cellular phones. Both men were assaulted and stabbed and robbed of their phones.
METRO

Big name

Bjork to headline RBC Bluesfest

RBC Bluesfest organizers announced late Wednesday on CBC that avante garde diva Bjork will be among the headliners at the July 4-14 music festival.
METRO

Murder-suicide

Police chief 'disappointed' in SIU investigation

Ottawa Police Chief Charles Bordeleau says he's "disappointed" the provincial Special Investigative Unit invoked its mandate in a murder-suicide in North Gower last week.

The SIU investigates incidents where police are involved in incidents where someone is seriously injured, killed, or there are allegations of sexual assault. The only issue there being, in the North Gower case, both men were found deceased upon police arrival.

"In this case here, it was clear to us that in no way, shape or form did this fall under the SIU mandate, because our officers were nowhere near the scene," said Bordeleau Wednesday.

The police and SIU both say a reporter called the SIU to ask if they were involved in the investigation. The SIU then inquired about the investigation with the Ottawa police. The SIU then asked for records of a 911 call and a police report. The Ottawa police then resisted, asking for a formal request. The SIU then invoked their mandate and compelled police to release the information.

The investigation was closed two days later.

"Had this information been provided without the need for a written request the SIU would not have invoked its mandate," wrote SIU spokeswoman Jasbir Brar, in an email.
ALEX BOUTILIER/METRO

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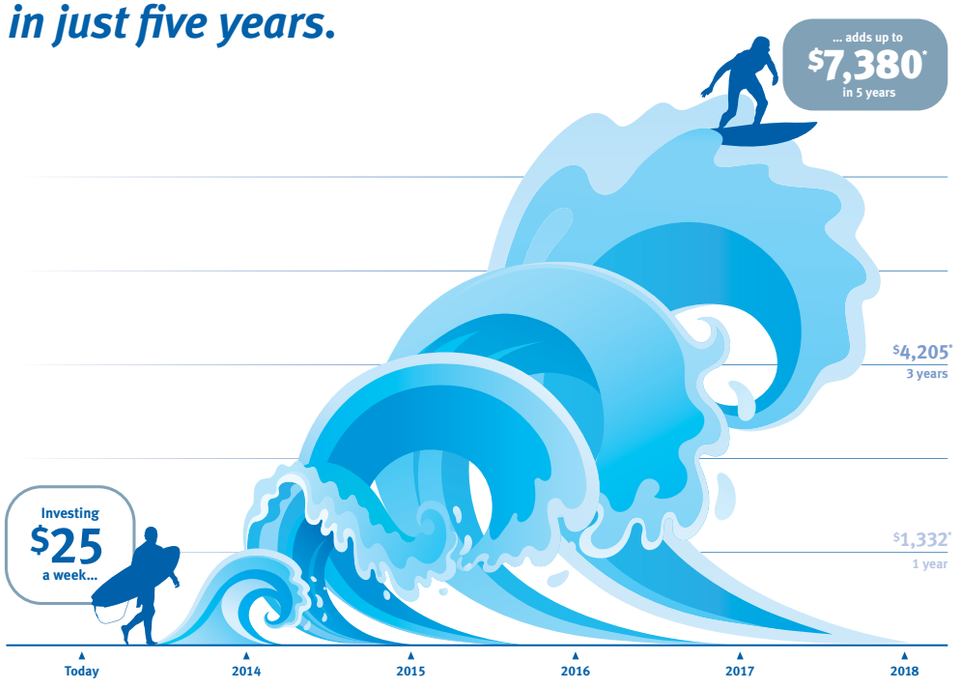

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Corruption case. Former spy-agency watchdog wanted in fraud probe

The man once entrusted to keep an eye on Canada's spy agency is now wanted by police and extradition procedures are underway in the hope of bringing him back to face criminal charges in this country.

An arrest warrant is out for Arthur Porter, the former head of the CSIS watchdog agency, for alleged fraud in one of the country's most expensive infrastructure projects.

He is among the five people named in arrest warrants issued Wednesday by Quebec's anti-corruption squad, in the case of the $1.3-billion construction of a Montreal mega-hospital.

The others are: former SNC Lavalin senior executives Pierre Duhaime and Riadh Ben Aissa, Yanai Elbaz, and Jeremy Morris, the administrator of a Bahamas-based investment company. THE CANADIAN PRESS

Order of Canada

High honour taken from theatre mogul

Disgraced theatre impresario Garth Drabinsky has been stripped of his Order of Canada appointment and is going to court to fight the decision he says is unfair, considering his imprisonment.

Drabinsky was released to a Toronto halfway house earlier this month.

THE CANADIAN PRESS

Recruitment centre

Arrest made in connection to Quebec bombing

A man has been arrested in connection with the bombing of a Canadian Forces recruitment centre in Quebec in 2010, the RCMP said Wednesday. RCMP Cpl. Luc Thibault said four locations that were searched were linked to the Trois-Rivières bombing, which resulted in material damage but no injuries. THE CANADIAN PRESS

Anti-gay activist gets hit with ruling by Canada's top court

Human rights. William Whatcott rapped for two of four pamphlets he distributed

A Saskatchewan anti-gay crusader violated human-rights rules when he distributed some pamphlets denouncing homosexuals, the Supreme Court of Canada has ruled.

In a unanimous 6-0 decision Wednesday, the court found that two of the four flyers distributed by William Whatcott violated Saskatchewan's Human Rights Code. Those flyers referred to gay men as sodomites and pedophiles.

But the court struck down some language in the provincial code, clearing Whatcott of any wrongdoing in connection with two other flyers. Whatcott produced and distributed leaflets in 2000 and 2001 that contained inflammatory statements about gay men.

THE CANADIAN PRESS

The Supreme Court decision means Saskatchewan anti-gay crusader William Whatcott will have to pay one complainant $2,500 and another $5,000.

MICHAEL REICHEL/THE ASSOCIATED PRESS

Sentenced. Fatal crash lands man three years

A man convicted after a crash that killed four high school football players from northern Alberta has been sentenced to three years in prison.

Brenden Holubowich will also be forbidden to drive for three years once he is released. Holubowich, 23, pleaded guilty to dangerous driving causing death and dangerous driving causing bodily harm. Court of Queen's Bench Justice William Tilleman said determining a sentence for Holubowich might have been the most difficult thing he has ever done.

Tilleman's eyes filled with tears as he told court he sympathized with the dead teens' relatives, who had suggested that a three-year sentence would not be enough. He also said he felt for Holubowich's family.

Tilleman said he struggled with his decision and at one point considered a longer period behind bars. But in the end, the judge said, the sentence jointly submitted by the Crown and defence was just and in keeping with similar cases. THE CANADIAN PRESS

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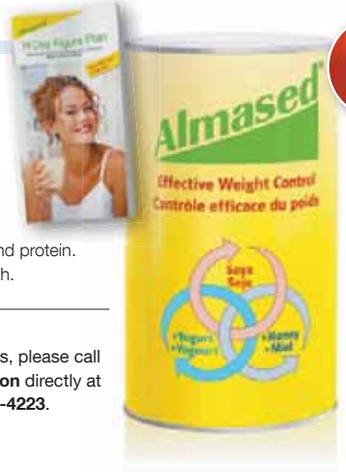

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Police fire at giant shark but swimmer dies

Amid a frenzy of spray, police in an inflatable life-raft fire shots at a shark as it attacks a swimmer near Auckland, New Zealand. Police said the victim was found dead in the water. ROSS LAND/THE ASSOCIATED PRESS

Beach horror. 'Blood everywhere' as a summer day in New Zealand turns tragic

New Zealand police fired gunshots at a monster shark on Wednesday in a desperate attempt to save a swimmer.

The four-metre shark "rolled over and disappeared," said police Insp. Shawn Rutene. But the victim, award-winning television and short-film director Adam Strange, 46, didn't survive.

Pio Mose, who was fishing at the popular Muriwai Beach near Auckland, said he saw the swimmer struggle against the huge shark. He yelled at the man to swim to the rocks, but it was too late.

"All of a sudden there was blood everywhere," Mose said. "I was shaking, scared, panicked."

THE ASSOCIATED PRESS

Substance named

Pistorius used sex enhancer?

The substance found in the Blade Runner's bedroom after the shooting death of his girlfriend has been named. Oscar Pistorius's aides say it was Testis compositum.

A product called Testis compositum is also marketed as a sexual enhancer. Tablets sold in the U.S. are said to contain pig testicles, pig heart and pig embryo.

Pistorius is charged with murder.

THE ASSOCIATED PRESS

Three killed

Pistol rampage shocks Swiss

Fears about U.S.-style mass gun killings gripped Switzerland on Wednesday after a longtime employee opened fire at a wood-processing firm.

The shooting left three people dead, including the gunman.

It happened as the Swiss parliament prepares to consider tightening gun legislation.

THE ASSOCIATED PRESS

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‘Breathable’ nail polish finds an unexpected niche

Surprise solution.
Product developed as healthier alternative to traditional enamel is a hit with Muslim women

A manicure in progress at an Inglot shop in Warsaw, Poland. Since an Islamic scholar wrote that, in his view, Inglot’s O2M nail polish complied with Muslim law, the product has become very popular with Muslim women.
CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

For Zaida Saleh, like for many observant Muslim women, manicures have long posed a religious problem.

With prayers five times a day, and a pre-prayer ritual that requires washing the hands and arms, traditional fingernail polish has been mostly off limits because it prevents water from making contact with the nails. A new “breathable” nail polish by a Polish company, Inglot, is changing that.

The company and some Muslims say the polish is the first of its kind because it lets air and moisture pass through to the nail. A craze has built up around it with Muslim women in recent months after an Islamic scholar in the United States tested its permeability and published an article saying that, in his view, it complies with Muslim law.

“It’s huge,” said Saleh, a 35-year-old who hadn’t polished her nails in many years but immediately went out and bought the product in five colours, including a bright pink, a burgundy and a mauve. “I am excited. I feel more feminine — and I just love it.”

The news of Inglot’s breathable polish has spread quickly from woman to woman and over the Internet.

The nail polish now stands as one of the final life achievements of Wojciech Inglot, a Polish chemist and entrepreneur who developed it to create what he billed as a healthier alternative to traditional nail enamels, which block the passage of moisture and oxygen to the nail. He died suddenly on Saturday at the age of 57 after suffering internal hemorrhaging.

Though the Muslim holy book, the Qur’an, does not specifically address the issue of nail polish, some Islamic scholars have said that water must touch the surface of the nail for the washing ritual to be done correctly. THE ASSOCIATED PRESS

Go ahead — dunk your phone

If you’ve ever seen how unhappy a cellphone can be when it gets soaked, then you might be concerned about the imminent fate of the device pictured above. But this lucky phone is covered with a nano-coating intended to protect consumer electronics from water damage. P2i, which makes the coating, was demonstrating the product Wednesday at the Mobile World Congress trade show in Barcelona, Spain.
MANU FERNANDEZ/THE ASSOCIATED PRESS

EU trade talks

Canada’s banking system negotiable, document shows

A leaked draft of part of the Canada-Europe trade talks shows Canada’s vaunted banking system is on the negotiating table. The Canadian Press has obtained the Feb. 1 version of the services chapter of the Canada-Europe trade deal circulated to EU states. It shows Canada is struggling to maintain the traditional standards it imposes to protect financial services from foreign control and financial instability.
THE CANADIAN PRESS

Market Minute

DOLLAR 97.75¢ (+0.32¢)

TSX 12,732.39 (+71.95)

OIL $92.76 US (+13¢)

GOLD $1,595.70 US (-$19.80)

Natural gas: $3.41 US (-5¢)
Dow Jones: 14,075.37 (+175.24)

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A GATHERING OF EH?-LIST ACTORS

HE SAYS...
John Mazerolle
metronews.ca

This is the biggest week in the entertainment industry, what with the awards and the stars and the fashions and the national pride: Of course, I'm talking about the first-ever Canadian Screen Awards. What else could I mean?

Oh, right, that Oscars thing.

Hey, the Academy Awards are fine. It's one of the best opportunities to taunt people who are richer, handsomer and more talented than us, and then tsk-tsk their behaviour if they respond with anything but a sexy smile. Such fun.

But shouldn't we get behind Canada's own movies and TV shows just as much as we get behind Hollywood's? This year the Canadian Screen Awards bring the Geminis and Genies together, offering up the coveted Geminenie.

Land of the silver screen ...

I know, I know. You assume that because it's Canadian it must be staid and boring.

I know, I know. You assume that because it's Canadian it must be staid and boring. But I've seen an advanced screening of the awards and I can assure you that, while distinctly Canadian, it also has many familiar echoes of this year's Oscars:

Red carpet. I don't want to give away too much about the glitz and glamour, but David Cronenberg had everybody talking with a sheer blue outfit that left NOTHING to the imagination.

Comedy. The show's host, Martin Short, followed the edgy comedy of recent controversial hosts like Ricky Gervais and Seth MacFarlane, getting in sharp jabs about how he "doesn't care" for the new $20 bill — a sensitive topic (the bill has the Queen on it) that had the audience gasping. After several people called out "Too soon!" Short apologized but kept them smiling with a few digs at the Upper Canada rebellion of 1837, something everybody can appreciate.

Lifetime achievement. On the TV side of things, there was a long standing ovation for Zeddy the Zellers bear, recently retired after more than 25 years of television commercial performances that the Globe and Mail has called "stunning in their intertwined intimacy and ferocity." Kudos, Zeddy.

Big winners. I'm sworn to secrecy, but these were the nominees for Canadian film of the year:

- **Argo.** The story of a Toronto football team that wins the Canadian Football League trophy entirely because of American bravery and ingenuity.
- **Beasts of the Northern Mild.** A young girl must use all her optimism and imagination when nature flies out of whack and hits Toronto with seven centimetres of snow. With the city in chaos and her dad wailing in annoyance, she heads out in search of her mother, who is at a mysterious and distant shopping mall.
- **Clark.** Daniel Day-Lewis stars as the 16th prime minister of Canada in a country torn asunder by both access-to-information legislation and a gas tax. Will it survive? Day-Lewis has earned plaudits for his ability to capture Joe Clark's complete lack of charisma.
- **L'eh Misérables.** In this much-loved musical set against the backdrop of the 1995 referendum, French students from Quebec sing about their doomed fight against the federal government in such well-known numbers as On Our Own, One Vote More and Do You Hear the People Secede? Just like secession talk, it's loud, repetitive and goes on far too long.
- **Zero Dark Thirty in Newfoundland.** The thrilling story of a Canadian secret-ops team that kills its targets a half-hour earlier than other countries.

If you want to know who wins, you'll have to watch this Sunday.

Anything can happen, eh?

Exclusively online

- Read more of John Mazerolle at metronews.ca/voices

She's having a whale of a time

RICCARDO TINELLI

Marine photography

Sea dancing with friendly whales

The thought of swimming next to a 35-tonne humpback whale and its calf in the open ocean would fill anyone with dread, but for French navigator Maud Fontenoy, her mind was at ease.

This amazing image shows the 35-year-old marine activist and mother of one snorkelling beside the whales just off the island of Moorea in French Polynesia. METRO

Q and A

MAUD FONTENOY
French sailor and ocean conservation activist

Humpbacks are harmless

Fontenoy — the first woman to have crossed, by rowing, the North Atlantic Ocean and Pacific Ocean, and now a marine conservation activist for UNESCO — spoke to Metro about her swim.

Amazing photo of you with the whales. Were you not frightened of them?
I was afraid at first, but at the same time I knew straight away that these whales mean no harm and that I was in no danger.

I had to abandon my diving equipment on account of the bubbles produced by the breathing device. The whales are noise-sensitive and the bubbles would have disturbed them. Instead, I used a snorkelling mask and flippers.

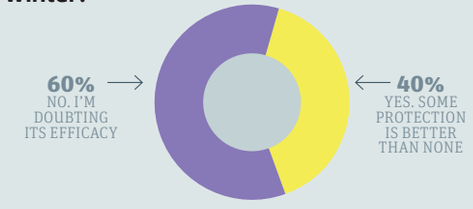
How did this aid your efforts in marine conservation?
Each time we can show the beauty of nature, it's a way to make people aware of the similarity between humans and the ocean.

What everyday task can I do to help conserve our oceans?
You can choose to eat fish that aren't endangered. Also, you can help conserve water by using green detergents for your washing machines and avoiding overpackaged plastic items.
METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you be getting the flu shot next winter?



Twitter

@MorrisseyLucy:
RT @1310markday: Unofficial 46 year old Snowfall Record Broken in #Ottawa. As of 6pm: 12cm down at the #Ottawa Airport. Previous record of 11.2cm set in '67

@justinvl:
@ALL_CAPS @bitofmomsense @KGrayDonald "while you're driving home, you probably shouldn't."

@brjcooper:
Ok, think we have our forecasted 20cm already. You can stop snowing now! #Ottcity #ottweather

@Zaorski:
Yes I'm tweeting about the weather while I'm stuck on the bus that hasn't moved in 10 minutes due to this apocalypse #getoverit #winter

@ToriCoates:
After 2 hours, I'm very glad to make it home in one piece...wishing all those still on the roads safe travels! #ottawa #winter

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Since 2009, founders of Bruised Tongue Craig Proulx, left, and Pierre Richardson have released primarily underground music (punk and experimental) on cassette. "It's part of the esthetic. Everything has a layer of sludge to it," said Proulx. SAMANTHA EVERTS/FOR METRO

Lost medium reclaimed

Bruised Tongue Records. Ottawa label releasing cassette tapes with provocative album art

BACKSTAGE PASS
Samantha Everts
ottawa@metronews.ca

Video may have killed the radio star, but cassette tapes are making a comeback — at least in Ottawa's underground music community.

Founded in early 2009 by friends Pierre Richardson and Craig Proulx, Bruised Tongue Records has produced more than 20 releases on a most unlikely format: the cassette.

"We fill a void in Ottawa," said Proulx.

Instead of a band sitting on a release that may be an experimental or pre-studio recording, Bruised Tongue will do a small "run" on their tape duplicator.

Tapes offer a way to reconnect to the physical music itself, said Proulx.

"Ever since I was a little kid I always held onto my tapes," said Proulx, whose cassette recording company's provocative album art and cool packaging has its own distinguished style and harkens back to a bygone era when discovering new music was fun.

However, the tapes also have a foot in the present day.

"The tape serves as a placeholder," said Richardson. "All tapes come with download codes."

"2013 will be a big year for us. We're branching out," said Proulx of the label that sometimes produces as few as 15 cassettes of one run (album).

The label's band Cold Worp is headed down to South by Southwest music festival in Texas and Bruised Tongue has major tape and video releases to prepare for post-hardcore group Roberta Bondar, who have performed at Junofest and CBC's All in a Day.

"They are definitely getting a lot of attention," said Proulx.

Bruised Tongue hosts a monthly Bring Your Own Vinyl event at Pressed Café, a venue where the label's bands regularly perform.

"Artists primarily play smaller venues like house shows or Babylon," said Proulx, but Richardson is quick to point out that labelmates Shearing Pinx and Boyhood have done full North American tours.

They have also recently started working with a new female-fronted rock local group called The Yips.

"If they're not sure about something they come to us and pick our brains a bit," said Proulx.

The bands maintain all ownership and rights of their music and Bruised Tongue has no musical input. It is the guidance, connections and experience of Bruised Tongue that means the most to the artists.

"Bruised will be supporting them through tour bookings, tour cassette and maybe merch," said Richardson, echoing Proulx's strong DIY ethic.

Well ... that's kind of the point

"It's not the best method for mass distribution but that's almost the idea. They can be made to order."

Craig Proulx, one-half of Bruised Tongue Records

Bruised Tongue Events

- **Bring Your Own Vinyl Thursday at Pressed.** 7 to 11 p.m. Free. 750 Gladstone Ave.
- **Roberta Bondar tape release.** March 22 at Café Alt. 8 p.m. $10. 60 University Pr.

Party at your own risk: 21 & Over actor takes a licking, keeps on ticking

Justin Chon. Star of raucous new comedy talks hangovers, stereotypes and gags involving the male anatomy

NED EHRBAR
Metro World News in Hollywood

When actor Justin Chon sits down for our interview, he's coughing and looking a little worse for the wear. "I'm good," he insists. "I'm hungover, but I'm good." Promoting a film like 21 & Over — about his college student character's 21st birthday getting out of control, from the writers of The Hangover — can come with its own risks, apparently. But it's all part of the job.

Between being carried around, dropped out windows, Tasered and having a teddy bear glued to your crotch, you're taking the brunt of the abuse in this film.
Yeah. My performance is very much a physical comedic performance, and f—, man. I'm taking a lot of abuse. I mean, my head got hit on doors, I'm getting thrown everywhere.

The worst was (the scene where) we were in a smart car, and I had to be (squashed onto) the f—ing dashboard. To get in like that, I had to twist my neck around. And I'm claustrophobic, so that was the worst.

You also had to do a very painful penis gag, which is a staple for The Hangover guys.
Well, I'm grateful. At least they didn't give me a tiny pee-pee. They were like, "Rest assured, we made you well-endowed." I looked at it and I was like, "Whoa. I don't know if my d— is that skin-tone, but cool."

Suffering for his art

"My head got hit on doors, I'm getting thrown everywhere."

Justin Chon, actor in 21 & Over
explaining the physical demands of his role, which also involves being dropped out of windows and getting Tasered

How are you at drinking games in real life?
I've played them. But I'd much rather just drink, just get to the point. I don't need games. I guess it's just a way of getting people who don't want to drink to drink, but for me I've always been willing. So I'll just get myself drunk. It shouldn't be a punishment. It's a pleasure, it's part of being human. It's part of why we're alive.

Have you seen this movie with an audience yet?
Yeah, I saw a screening with an audience, but I mean, people who go to test screenings, sometimes it's tough to tell because they're kind of willingly going. So I want to see it with an audience who paid money. Because if they're not laughing, we're f—ed.

Justin Chon (right) reacts to a particularly enthusiastic pool shark in 21 & Over. HANDOUT/JOHN JOHNSON

There's a lot of the humour relating to you being Asian-American. Did anything go too far?
No, and that's what I love about (writers) Jon (Lucas) and Scott (Moore). When we did our first rehearsal, they sat me down and asked me if anything was too far or if anything rubbed me the wrong way. But no, I thought everything was great. I mean, you've got to be able to laugh at yourself. And I think people who take themselves too seriously are just ridiculous. I didn't feel like there were a lot of jokes at the expense of my race.

As an Asian-American I think it's a great role, and I fought hard to get it.

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Typing on rabbits: the Not Tilda Swinton story

Twitter files. Eli Yudin publishes the tweets from an online parody that was created in the actress's name

NATALIE SHURE
Metro NYC

Tilda Swinton's name was used for a parody Twitter account. Now it's a book. GETTY IMAGES

Launched to viral acclaim during last May's lunar eclipse, Twitter parody account @NotTildaSwinton has been reincarnated into a book. Self-published by comedian Eli Yudin and co-writer Carey O'Donnell, the complete collection of 187 bizarre imagined musings of actress and noted eccentric Tilda Swinton is available online. Some of the account's best Tweets? "A mission for you. Go outside, hold an animal to your breast. That is real warmth, not the glow of your screen. I typed this on a rabbit." Or: "Of course I have received splinters. I do not remove them. Small branches emerge from me and bear fruit in the shape of my face."

In an industry veering toward bite-sized content, Twitter's 140 character limit could be the logical endpoint of increasingly serialized work. So, after spending six hours laying out the book on InDesign, Yudin set up shop on Lulu Marketplace. At $11.06, the book was priced to break even. "We didn't want to seem like we were selling out," Yudin said. Not to mention the avoidance of potentially thorny issues with Swinton herself.

Not Tilda Swinton is one of thousands of self-published books for sale on Lulu Marketplace, which allows any author to sell their work online. Brian Matthews, an executive VP at Lulu's, argues that self-publishing has democratized publishing by removing barriers between readers and authors. "If an author wants to publish a book, we'll help them publish it as long as we don't have concerns related to the material," Matthews said. Readers can rely on Lulu Marketplace algorithms and reviews to help them pick their next read. Even so, it can be hard to determine quality. "The real issue is that in traditional publishing, you have an agent, editor and sales rep acting as a filter," said Cathy Langer, long-time buyer at Denver's independent bookstore, Tattered Cover. "Self-publishing eliminates these filters, and it can be hard to tell what's going to be good."

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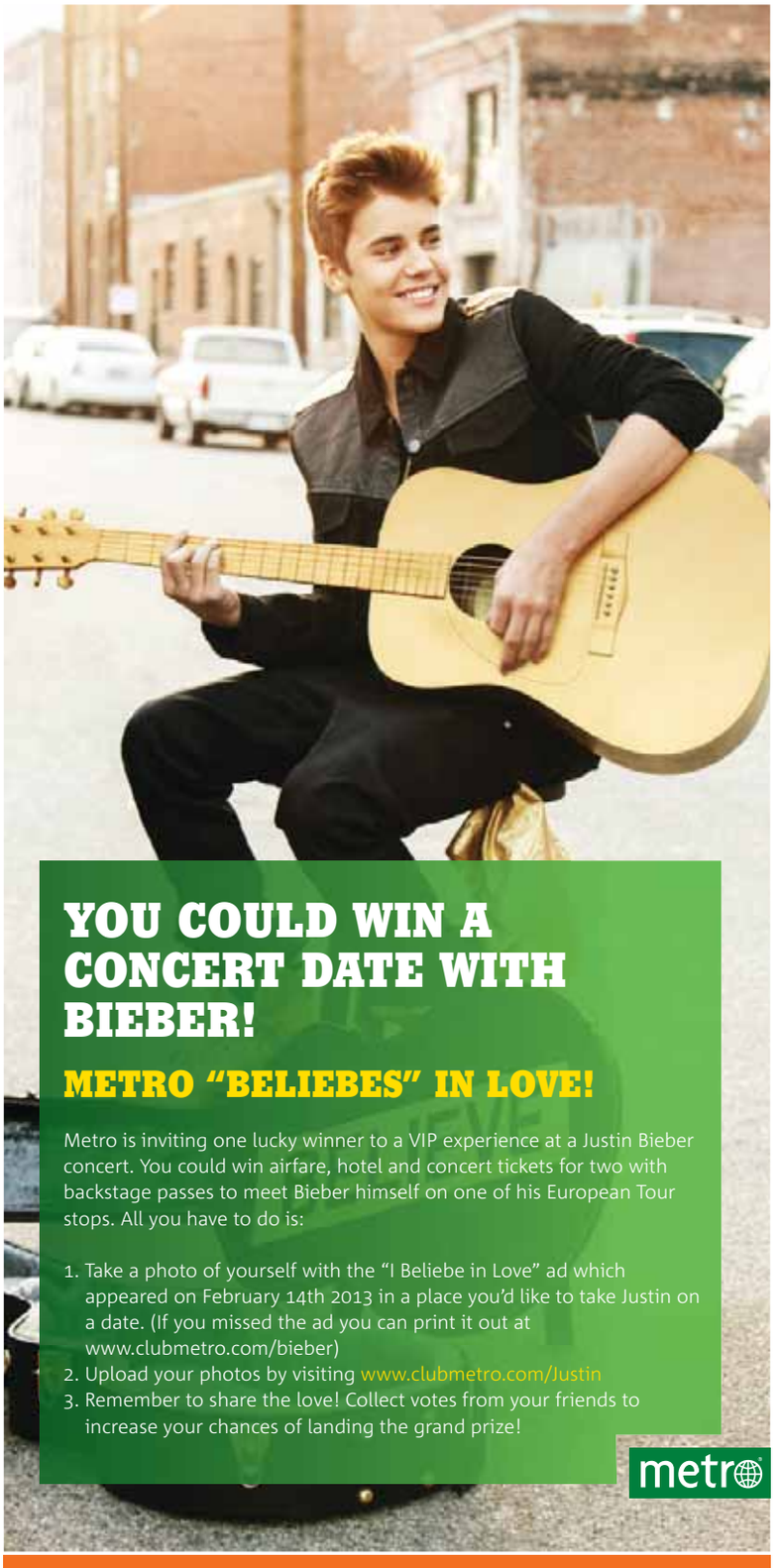

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Metro is inviting one lucky winner to a VIP experience at a Justin Bieber concert. You could win airfare, hotel and concert tickets for two with backstage passes to meet Bieber himself on one of his European Tour stops. All you have to do is:

1. Take a photo of yourself with the "I Beliebe in Love" ad which appeared on February 14th 2013 in a place you'd like to take Justin on a date. (If you missed the ad you can print it out at www.clubmetro.com/bieber)
2. Upload your photos by visiting www.clubmetro.com/Justin
3. Remember to share the love! Collect votes from your friends to increase your chances of landing the grand prize!

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No purchase necessary. Contest open to residents of Canada and certain other countries worldwide who are thirteen (13) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. One (1) Grand Prize is available to be won, consisting of a trip to see Justin Bieber perform and meet Justin Beiber (approximate retail value of $5,000 USD). Skill testing question required. Contest closes February 28, 2013 at 12,00AM CET. To enter and for complete contest rules visit www.facebook.com/metroint. Contest sponsors are Metro International S.A. together with its local Metro subsidiaries around the globe. The contest is in no way sponsored by Free Daily News Group Inc. or Pizza Pizza Limited. Neither Free Daily News Group Inc. nor Pizza Pizza Limited is responsible for this contest or its prize(s).

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Carrie Fisher lands in hospital after strange cruise ship mishap

Star Wars star Carrie Fisher was reportedly hospitalized following a bizarre surprise appearance on a cruise ship, according to TMZ. "There was a medical incident related to Carrie Fisher's bipolar disorder," her rep says. "She went to hospital briefly to adjust her medication and is feeling much better now." Attendees at the show report that Fisher was meandering about on stage, rambling incoherently and singing off-key while her dog relieved itself next to her.

Carrie Fisher

Michael Sheen and Rachel McAdams ALL PHOTOS GETTY IMAGES

Another one bites the dust

Rachel McAdams and Michael Sheen have reportedly called it quits after more than two years of dating, according to Us Weekly. McAdams and Sheen first met while filming Woody Allen's Midnight in Paris together, though they didn't begin dating until later. "Michael and I didn't get together while we were filming Midnight in Paris, which I feel strongly about not doing when I'm working," McAdams told Stella magazine last year. "We became quite good friends, which I think is a great way to start." There was no word as to what led to their breakup. McAdams previously dated Ryan Gosling for two years after co-starring with him in The Notebook.

The Word

Are Hemsworth and Cyrus done? Is Jones to blame?

THE WORD
Dorothy Robinson
scene@metronews.ca

Attention Liam Hemsworth. If you're going to cheat on fiancée Miley Cyrus, don't do it at the Chateau Marmont. The Los Angeles hotel swarms daily with paparazzi and gossips; it's akin to taking out a billboard on I-95. Here's the dirt: Hemsworth (a.k.a. Mr. Miley To-Be) was seen getting "hot and heavy" with January Jones at a pre-Oscar party over the weekend, per Star magazine. "It looked like they had some hot chemistry," an eyewitness told the rag. "They were all over each other — and they even kissed!" For her part, Cyrus showed up at the Elton John AIDS Foundation's viewing party sans date on Sunday and "was all over the place" (code for wasted). So what does this mean? I'm not sure. All I know is that Hemsworth is 23, while Cyrus is 20. Sounds like appropriate behaviour for people barely out of their teens.

Twitter

@katyperry
If I were a cookie, I would be a thin mint girl scout cookie. FYI

@LilTunechi
Dam pit bull bro I thought u was kool.

@johncusack
Spell check hates me - always has

@RebelWilson
I got action onset with @channingtatum today. He is pure man steak luscious

Jennifer Lawrence

Is Jennifer Lawrence complaining?

There's no rest in sight for Oscar winner Jennifer Lawrence, who got right back in Hunger Games mode the day after nabbing a best actress statue. After filming the next film in the successful franchise, she's set to re-team with Silver Linings Playbook co-star Bradley Cooper and director David O. Russell in an FBI drama before putting on blue body paint for the next X-Men movie, which begins shooting in May. But all Lawrence wants to do is chill out. "I want to sit on my couch and drink and not change my pants for days," she tells E! News.

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While the start of the new season is still several weeks away, there's no reason you can't leap ahead on the calendar — at least fashionably speaking — by adding a touch of spring style to your winter wear. LouLou style editor Claude Laframboise says spring pieces are great for layering during winter, like wearing sleeveless or short-sleeved tops under jackets or cardigans. Here are five ways to dial up the warmth in your cold-weather looks.

THE CANADIAN PRESS

Spring into winter

Pretty prints

It wouldn't be spring without a little flower power, and fashionable florals will once again be in full bloom — with a stylized update, of course. "What's newer is the bigger-scale floral print as opposed to the small dainty one," said Laframboise.

Many prints are also drawing inspiration from digital imagery, making them appear pixelated, reminiscent of an abstract print, he noted.

Torn between sporting stripes or polka dots? No need to choose when you can wear different patterns together.

Laframboise said the mixing of prints was an evolution of colour blocking, which involves teaming distinctive bright hues within one ensemble.

Individuals can get a jump start on spring now by trying their hand at combining seemingly contrasting prints — keeping in mind that complementary colours are key.

Black and white

The classic colour pairing made a splash on the spring runways and may be among the easiest trends to work into your wardrobe.

"It's not about wearing a white shirt and black pants," said Laframboise. "It's really about wearing a striped top with solid pants, or a crisp white shirt, but with a patterned skirt that would be black and white."

Laframboise said the pairing also acts as a good base for bright hues, like teaming a black-and-white striped top with another on-trend item like electric blue or hot pink jeans.

Expect to see many of the season's key prints like stripes, polka dots and floral prints steeped in black and white, he said.

Laframboise suggested opting for a heavier-weight striped jersey dress now, or perhaps sporting a silky, polka-dotted top under a jacket and wear it standalone in spring.

Bright and light

Vibrant hues that coloured last year's spring fashions continue to be a strong theme heading into the warmer months. But no need to feel stuck on selecting one "it" colour. There's a full spectrum of bold shades to choose from.

"Some colours stick out," said Laframboise. There's a lot of hot pink, hot orange, turquoise and electric blue.

"But it's not one of those seasons where there's one colour you must get. It's all about colour as a whole."

An easy way to adopt the trend without sacrificing comfort is to consider opting for a brightly-coloured pair of jeans, said Laframboise.

Neon not your flavour? Laframboise said pastel hues — a tried and true springtime staple — are still in vogue, notably softer shades like pale blues and yellows.

Finishing touches

From a coral clutch to a checkered handbag, some of the hot colour and pattern trends in apparel are translating to accessories.

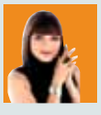
Mixed metal statement jewelry is emerging for spring, with everything from rhinestones to neon colours in the mix, said Laframboise.

Consider pairing your statement necklace with a T-shirt and jeans, or even overtop a collared shirt that has been fully buttoned up, he suggested.

"It's gone from being something dressy that you have at night to the other way around."

A model wears a bird print top ($36), skinny leg denim ($46), bracelets ($10) and a wedge sandal ($40) from Reitmans.
THE CANADIAN PRESS

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE.

@Jeanne_Beker: Getting a special achievement award at Cdn Screen Awards. If YOU had to thank someone for what you've achieved who would it be? Why?

@MamaGose: you have great style girl love you

@cedricgigoux: a lot of people, and you being one of them. I have been following you since my childhood on Fashion Television. Love you.

@HumberAlumni: Congrats on the Academy Achievement Award (for exceptional contributions to Canadian TV) #FashionTelevision

@hrhnikkiawesome: congrats darling! And I'd thank YOU for being such an awesome influence

The Kit

Canadian street style

Spotted in: Vancouver

Kiks Chua, Graphic Designer

Age: 25

What she's wearing
J. Crew coat, self-made scarf, Everlane tank, Mango skirt, American Apparel tights, Dr. Martens boots

Her inspiration
"I'm a summer dresser so I wear summer pieces all year round under my coats with slight variation. It works!"

THE KIT PHOTOBLOGGER: M'C KENNETH LICON, LITTLEFASHIONISTO.COM

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND THAT INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION TOO!

Flip your condo with style

Staging. Putting your home on the market? Get your condo ready for resale with some designer touches

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

We all know the rules when prepping your home for resale: de-clutter, remove personal items and clean. However there are more things you can do to make your home the talk of your building.

Now, you can always hire a home stager (usually recommended from the selling agent) to help, but as your trusted decorator expert, I'll share my own tricks of the trade to get your place appealing to a new buyer.

Buy accessories that compliment the space you are selling, and not what you think is trendy at the moment.

Putting your decor trademark on a space is not going to make buyers see the potential of owning it themselves.

For instance, if you live in a modern condo with concrete ceilings and floor-to-ceiling windows, choose a few strong industrial accents to play up those features: tall clear glass vases, a factory cart coffee table and vintage metal cappuccino maker will help give off that urban vice.

As harsh as this may be, paint away your personality with an updated neutral wall colour. Choose a colour that works with your floor and not necessarily your existing furniture in case you've already moved out and a potential buyer only has the walls and floors to see.

The right colour will ensure that without furnishings the space still looks co-ordinated and tied together. Trick: choose a paint colour that is two shades lighter than the colouring in the floors.

This will make the entire space visually flow, feel bigger and more tied together. Always sway toward cooler tones over warmer ones. Cool tones reflect more light and are less claustrophobic.

In an empty, open-concept space, use area carpets to define living areas. This way potential buyers can imagine a living, dining and office working for them in such an open area.

Choose your view to help with the sell. Install woven scrim shades to hide a bad view yet let light into the room. If you have a great city view then keep the shades up to show it off. Any window in a bathroom or bedroom should offer a privacy shade.

Lower your artwork. Buyers want spaces with high ceilings so by lowering your artwork the ceilings look taller. Simply lower everything two inches — ideally, the middle of your artwork should be 66 inches off the floor.

This is a great trick in condos and lower-level spaces that might only have standard height ceilings.

A new sink, faucet and trend-setting laminate countertop can take 10 years off the age of your kitchen. A chrome restaurant-inspired faucet and dark grey soapstone/concrete coloured counters are always good choices in urban spaces.

Don't invest in having a kitchen renovated for resale; offer the cost of a kitchen reno to reflect in the selling price and let the new homeowner customize the kitchen of their dreams.

Choose the largest closet and pimp it out. A front hall or main bedroom closet fitted with dark wood shelving inserts and fancy rods will always impress a potential buyer.

Install a battery-operated motion light inside the closet. Not only will your closet impress a potential buyer but it will make the closet feel organized and bright.

Don't leave a boot tray or a Remove Shoes sign at the front door. Once a potential buyer enters they should feel as if they already own it.

Placing personal messages and signs around make the buyer feel that you still have a presence in the space.

One trendy countertop appliance can set the tone for a fabulous lifestyle to potential buyers. Nespresso's Maestria Creama C Five Hundred Crema, $550, thebay.com.

Brighten up a dark closet interior or kitchen counter with an LED stick-up motion light. Sylvania Dot It Golden Dragon Motion Light, $15, homedepot.ca.

A modern faucet teamed with a trend-setting laminate counter top are inexpensive ways to update a kitchen. Ikea's Budskar Kitchen Faucet, $149, ikea.ca.

Add simple, woven shades to offer privacy or help diffuse an undesirable view without sacrificing natural light. Alustra Screen Shades, hunterdouglas.ca.

Vinegar: the super substance

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

How can I clean every room with vinegar?

Since there are 1,001 uses for vinegar, you might think there's nothing it can't do. Not true. Vinegar cannot solve world hunger. Nor can it phone your grandmother every Sunday. Short of that, this super substance is practically unstoppable. Especially when it comes to cleaning.

The high acidity level makes vinegar effective for killing mould, bacteria and germs. Regular distilled white vinegar is more than sufficient for most jobs, but for really gross messes, get extra punch by increasing the acidity — pickling vinegar, for example, has seven per cent acidity instead of the average five per cent.

Vinegar in the kitchen

Freshen sponges and dishrags by soaking them overnight in a 1/4 cup of white distilled vinegar and just enough water to cover them. Throw them in the wash and they're as good as new. Remove soap buildup and odours from the dishwasher by running an empty machine with one cup of white distilled vinegar. Similarly, loosen grime and tackle microwave odour by bringing a bowl of vinegar and water solution to a rolling boil in the microwave for three minutes.

Vinegar in the bathroom

Remove soap buildup with a non-toxic scouring solution. Mix one part salt to four parts white distilled vinegar and say goodbye to soap scum naturally.

Deodorize the toilet bowl and leave it sparkling by soaking the basin with three cups white distilled vinegar for half an hour before scrubbing and flushing. When the bathroom's clean, apply vinegar's magic to your head! Fight dandruff naturally by massaging vinegar into your scalp. Results beat the store-bought shampoos.

Vinegar in the living room

Enjoy crystal-clear windows with equal parts vinegar and water. The first time you try this, chemical residue from your old cleaner might leave streaks. Cut through the grime by spraying with undiluted vinegar. Restore bright colours to your carpet by brushing on a vinegar solution. Mix one cup white distilled vinegar to every four litres of water. (Best to spot test in an out-of-sight corner.)

Vinegar in the kid's room

To clean and disinfect all of the kids' toys, add a good-sized splash of white distilled vinegar to soapy water.

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CHECK OUR REVIEW ONLINE OR CALL US FOR LOCAL REFERENCES

Can you literally see the smell? Could be a problem. ISTOCK IMAGES

Help! It smells in here!

I don't know what to do with the odours in shoes, suitcases and sporting equipment bags. They're driving me crazy. Any ideas or suggestions?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Well I do understand that odours can be disruptive and annoying, so let's look at your list, starting with shoes. If it is a running shoe, then a small sprinkle of baking soda in each shoe will help absorb the odour caused by moisture. Drying antistatic sheets will also help.

But take a good look at the shoes. Running shoes in particular do have a life span and once they are done they are done. Suitcases are always great with a dryer antistatic sheet, but after a long trip, always leave the suitcase open for a day or two to fully air it out.

And finally sports equipment bags also need to be aired out regularly and the sports equipment needs to be washed after each and every use.

I know that sounds like a lot of work, but this is really important to keep the bacteria level down, which reduces odour and avoids skin irritations.

But remember, it's essential that you deal with the odour source and get rid of it, not just mask it with fake perfume smells.

ISTOCK

HOW TO NEGOTIATE RENT PAYMENTS

When a rental unit is vacant, a landlord and the person looking to rent the unit negotiate a rent and decide what services (such as hydro or parking) are included.

Once the tenancy begins, the rules about rent and the other rules in the Residential Tenancies Act (the Act) apply.

The landlord cannot increase the rent for a new tenant until 12 months after the tenancy started. Then, the landlord is allowed to increase the rent once every 12 months.

In most cases, a landlord can only increase a tenant's rent by the guideline set each year by the Ministry of Municipal Affairs and Housing.

In order for a landlord to increase the rent, the landlord must give a written notice of rent increase to the tenant at least 90 days before the day the rent increase is to start. The notice must tell the tenant how much the new rent will be and when to begin paying the new rent. If the tenant thinks that the new rent is too high and they do not want to pay it, this allows the tenant enough time to give the landlord proper notice of termination and move out before the rent increase begins.

The Act requires a landlord to provide rent receipts, free of charge, to a tenant when the tenant asks for them. A tenant can ask for a receipt for any payment or deposit the tenant gives to the landlord, including a payment for rent arrears. It is an offence for a landlord to fail to provide a rent receipt when one is requested by a tenant.

This rule also applies to a former tenant. The landlord must provide a former tenant with receipts if they request it, as long as the former tenant makes their request within one year of the date they moved out.

A rent receipt must include the address of the rental unit; the name of the tenant to whom the receipt applies; the amount and date for each payment received for any rent, rent deposit, arrears of rent, or any other amount paid to the landlord and shall set out what the payment was for; the name of the landlord; and the signature of the landlord or the landlord's agent.

Rent is considered late if it is not paid by the day that it is due. For example, if the rent is due on the first of the month and it is not paid by on that day, it is late.

If a tenant does not pay rent on the date that it is due, the landlord can give the tenant a Notice to End a Tenancy Early for Non-payment of Rent. This notice gives a tenant who pays rent monthly 14 days to pay the rent due or to move out. If the rent is not paid, and the tenant does not move, the landlord can make an application to the Board for an order requiring the tenant to pay the rent that is owing, and evicting the tenant if they do not make the entire payment by a specified deadline.

If a tenant is often late with the rent, the landlord may give a Notice to Terminate a Tenancy at the End of Term for persistently paying rent late. Daily or weekly tenants must be given 28 days notice and in all other cases, the tenant must be given 60 days notice.

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SPECIAL INFORMATION FEATURE

Holy Smoke: Drink It Religiously

Scotch Ale. Church-Key Brewing embraces a "smoke 'em if you've got 'em" mentality with success

JEFF O'REILLY
For Metro

Since 2000 Church-Key has been brewing award winning small batch craft beers in an 1878 built former Zion United Church in a tiny town in the middle of nowhere Pitherick's Corner, north east of Campbellford in the rolling hills of Northumberland County showing us that it's not just the monasteries and abbeys that can produce glorious brews. Being able to produce consistently interesting and delicious beers (their Northumberland Ale + West Coast IPA come to mind immediately) is definitely a reason to be proud of your craftsmanship and Owner/Brewer John Graham has been paying tribute to his heritage and the Graham Clan with a highly acclaimed Scotch Ale – strong, dark and Celtic – with a hint of "holy" smoke.

I find as winter drags on I am always craving bigger and bolder flavours to stimulate my senses – so I was happy to see Holy Smoke back on LCBO shelves as I hadn't enjoyed one in a while and even in dealing with my eager anticipation it didn't disappoint.

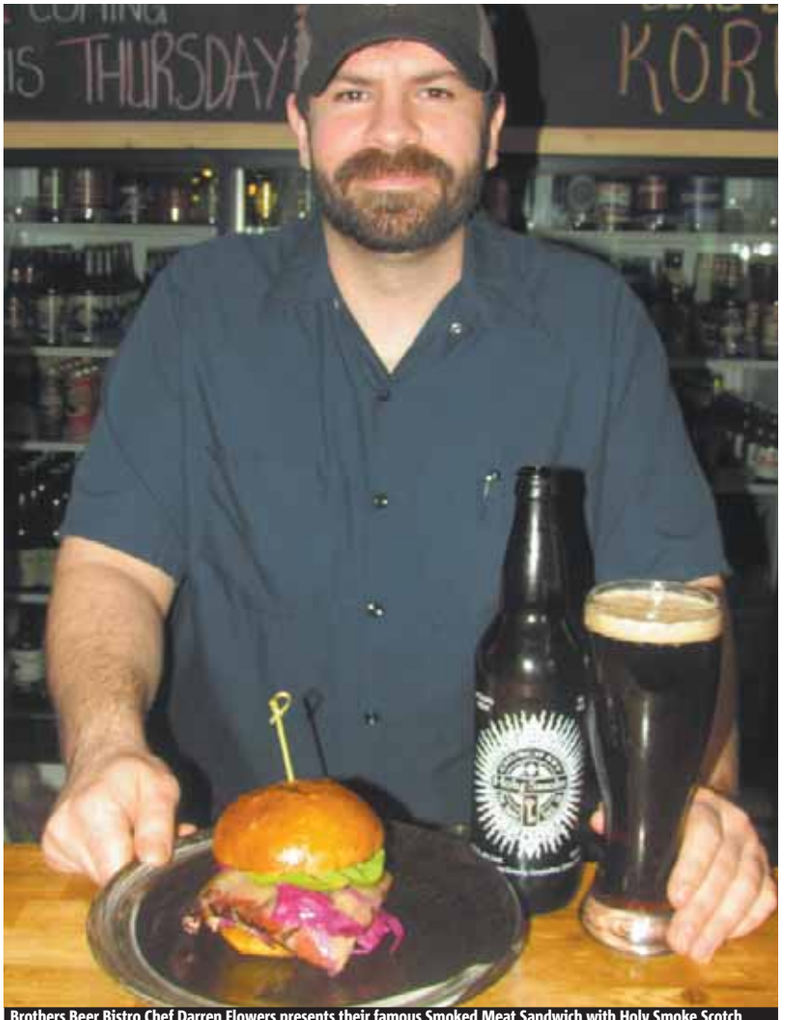
I can see people being a little intimidated about pairing a "smoked" beer with food so I decided to visit Brothers Beer Bistro and speak to Chef Darren Flowers about his recommendations. Flowers says this particular beer is great for reductions, BBQ sauces and recommends it with Smores (bringing a bit of campfire taste to the marshmallows), Pork Belly, Blue Cheese and Brothers Smoked Meat Sandwich. Using Seed To Sausage's smoked meat and made-in-house pickled red cabbage, Rogue Dead Guy Ale bun, "800 Island dressing" and aged cheddar; this sandwich is a thing of beauty.

The beer brings out the smoke in the meat and the sharpness of the dressing, while the acidity in the pickles brings out the sweetness of the malts in the beer. Some cool opportunities for those looking to experiment.

Holy Smoke Scotch Ale (6.2% ABV $5.95 650ml LCBO) pours a deep chestnut brown with full off-white head (but I'm drinking mine a little warmer than most would). Sweet malty aromas with a distinct peat smoke reminiscent of the Islay single malt scotches. Slightly fruity with caramel, molasses, and chocolate up front, before roasty coffee like bitterness then pronounced peat and woody smoke – velvety smooth and wonderfully balanced with a shortish lingering but drier finish, more like an Ardbeg than a Lagavulin for sure. Definitely something to enjoy after a long day and hearty meal while in front of the fireplace with a wee dram nearby. Drink it religiously.

WinterBrewed

Ottawa's first outdoor winter beer appreciation event saw more than 12,000 people (double the expected attendance) brave the weather to sample more than 70 beers. Frozen lines weren't only seen waiting for tokens and beer – as draft lines froze up but enterprising and ingenious craft brewers "MacGyvered" their set ups and some how managed to make it all work. Great new beer discoveries included Beyond The Pale's "Make'r Dark" bourbon barrel aged oatmeal stout, Beau's "Strong Patrick Sour" – a bourbon barrel aged version of their strong Irish Red Ale, and Broadhead's "Over-The-Top-Fruitcaked-Ale" – which was surprising understated, refined and unexpectedly delicious.



Brothers Beer Bistro Chef Darren Flowers presents their famous Smoked Meat Sandwich with Holy Smoke Scotch Ale as a fantastic lunch pairing. . JEFF O'REILLY/FOR METRO

Celebrating women in wine

SEASONAL SIPS
Allyson Bycraft
For Metro

Celebrate women and the coming spring with these seasonal sips.

International Women's Day March 8: Sue-Ann Staff comes from a long line of grapegrowers/winemakers in the Niagara region. Raise a glass of her **Sue-Ann Staff Loved By Lu Riesling 2011 (LCBO # 322636 $16.95)** in a salute to her and all the women working in the world of wine. This Riesling is in an off-dry, fruity style, and comes in very pretty packaging, perfect for sipping at a celebratory girls' night in. Available Saturday at Vintages.

Daylight Savings Time begins March 10: You'll have an extra hour of daylight to sip wine and contemplate warmer days to come, so try the **Chateau de Pierreux Brouilly 2011 (LCBO # 5496 $18.95)** from the Beaujolais district of the Burgundy region in France. Reds from Beaujolais are made from the Gamay grape, and are known for being lighter in style and quite fruity – especially in the case of Beaujolais Nouveau, available for a short time starting in late November, annually. 10 villages in the region (of which Brouilly is one) make a more serious wine, however, with more complexity and oomph to them. Available Saturday at Vintages. ALLYSON BYCRAFT

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SPECIAL INFORMATION FEATURE

Tips and tricks from Tommalier David Rocco

Celebrity Italian chef David Rocco knows a thing or two about tomatoes. As a Tommalier – tomato expert – Rocco shares seven tips for using the tastiest, freshest tomatoes year round as the base of every great dish.

1. Stock your pantry with David Rocco's suggested staples:
Cans of crushed/diced/pureed tomatoes
Good quality olive oil
Various kinds of pasta – both long and short
Various legumes – canned or dried (cannellini beans, lentils, chick peas)
Tinned tuna in olive oil – add glamour to your pasta by combining it with the sauce when cooking

2. To thicken up your sauce from the canned tomatoes you're using, add in a tablespoon of tomato paste, such as Hunt's Original Tomato Paste.

3. To most Italians, there are certain types of sauces you pair with certain types of noodles. "I generally prepare my tomato sauce with penne rigate – the ridges in the penne trap the sauce in the noodle if prepared correctly." Says Rocco.

4. Always finish cooking your pasta in your tomato sauce (the only exception: a cold pasta salad). Just before reaching the al dente stage of cooking, strain your pasta and add it to the sauce. Continue cooking the noodle for a minute or so until the pasta is al dente. This will release the pasta starches and thicken up the sauce, which gives that beautiful glisten of sauce on noodle.

5. Tomato paste is a great way to add extra tomato flavour to heartier, meat-based stews and chili.

6. Want to make two dishes in one? Braise your mixed meats (pork ribs, stewing meats, sausages) in a large pot when making your tomato sauce. First, sear your meats with some onions and then let it simmer along with the sauce for three to four hours. In the end you'll get a beautifully flavoured meat sauce for your pasta, and have an instant main dish of braised meats to enjoy after your pasta.

7. Everyone has heard the old wives' tale about throwing pasta to a wall or adding olive oil to the water. But don't do it. You've been pranked by chefs on TV trying to entertain an audience. The proper way to cook your pasta is by adding it to salted boiling water. Give the pasta a good stir for the first 20 seconds or so and then you won't need to worry about it sticking together. Let it cook in the boiling water, and about a minute or two before the recommended time on the package, try it – it should have bite to it, and there should be a very thin ring in the middle of the noodle to indicate that it's not fully cooked. That's al dente. Finish cooking the pasta in your desired sauce for about 30 seconds so the sauce can thicken and combine with the pasta.

8. Don't feel guilty for using cans of tomatoes – the tomato season is short in Canada, and the ones in the can are picked at their peak so they're ripe and flavourful. For tasty tomato-based meal ideas, visit http://www.hunts-tomatoes.ca. – NEWSCANADA

Cutting-edge wine from California, central and southern Italy

IF I HAD $100 ... TO SPEND AT VINTAGES

SUSAN DESJARDINS
For Metro

The March 2 LCBO Vintages release captures exciting trends in California wines — new varietals, new regions and eco-friendly winemaking. It also features lively bright white wines and big warm red wines produced from native grapes grown in Sardinia, Sicily and Italy's south-central mainland.

Vina Robles White 4, California
(LCBO #313460, $18.95)
A perfumed, complex white blend, creamy and rich in texture.

Bonterra Pinot Noir 2010, California,
(LCBO #317685, $19.95)
Approachable, organic, spiced & toasty with a luscious core of cherry/berry fruit.

Aldiano Montepulciano d'Abruzzo 'Riserva' 2008, Italy
(LCBO#61706, $17.95)
Dry, yet velvety, rich in dark fruit, a stunning wine. Great value!

Konzelmann Heritage 2010, Niagara
(LCBO #149179, $24.95)
Dry, complex, full flavoured and round with tangy flavours of ripe fruit. Don't miss it!

Barossa Valley Estate 'E Minor' 2010, Australia
(LCBO #295907, $18.95)
Full bodied, balanced, with a rush of intense, concentrated dark fruit & black pepper.

GRAND TOTAL: $100.75
FOR MORE ABOUT THESE AND OTHER WINES, SEE SAVVYCOMPANY.CA.

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A complete meal contained in one hearty bowl of soup

Meatball and Pasta Soup

This recipe serves six. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

This is a great soup for the family. It's a complete meal in a bowl. Try using ground chicken, turkey or pork instead of beef. Remember to add an extra tablespoon of bread crumbs if you're using chicken or turkey.

1. Meatballs: combine ground beef, bread crumbs, barbecue sauce, egg, garlic, basil and 2 tbsp of the Parmesan cheese. Form into 1-inch meatballs (you should have enough for about 24 meatballs). Lightly coat nonstick skillet with cooking spray and set over medium heat. Cook the meatballs for about 5 minutes, turning occasionally or until they are browned on all sides. Set aside.

2. To make the soup, lightly coat a large, nonstick pot with cooking spray. Add the oil and set over medium heat. Add the onion and garlic and sauté for 5 minutes or until just softened and browned. Stir in the green pepper and carrots and cook for 3 minutes. Stir in the stock, tomato sauce, tomato paste, chili powder and browned meatballs. Bring to a boil, and then reduce the heat to low and simmer, covered, for 15 minutes.

3. Stir in the pasta and simmer for 5 minutes or until the pasta is tender. Serve the soup in bowls, and garnish with remaining 1/4 cup Parmesan cheese. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

Meatballs
- 6 oz lean ground beef
- 3 tbsp seasoned dry bread crumbs
- 2 tbsp barbecue sauce
- 1 egg
- 1 tsp finely chopped garlic
- 1/2 tsp dried basil
- 2 tbsp Parmesan cheese

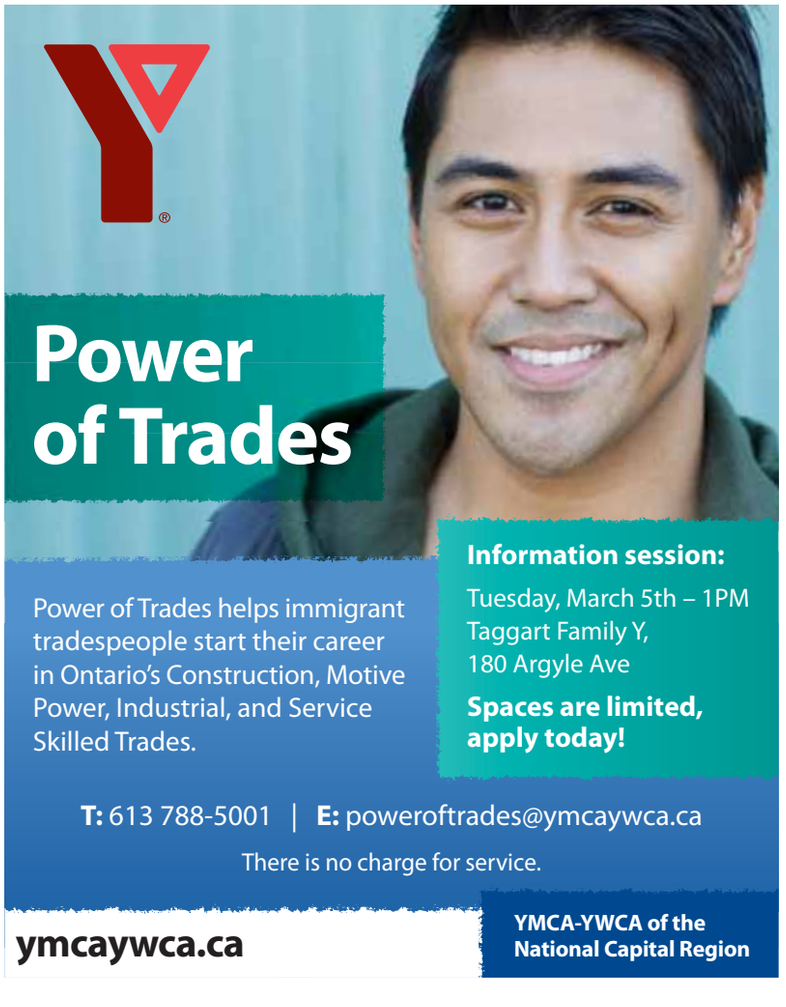
Soup
- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp finely chopped garlic
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped carrots
- 3 1/2 cups beef (or chicken) stock
- 2 cups tomato pasta sauce
- 2 tbsp tomato paste
- 1 tsp chili powder
- 1 cup egg noodle pasta
- 1/4 cup grated Parmesan cheese

For your phone

Relish Soups, Stews & Chilis Recipe Collection (iPad; $1.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Feeling frozen? A hot bowl is a good remedy. Relish Magazine's collection of soups, stews and chilis nourishes all tastes. Imagine Apple Cider Stew, Wild Rice Chowder or Heirloom Bean Chili.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All the noodle and none of the carbs or fat

This chicken noodle soup recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients
- 10 cups reduced-sodium chicken broth
- 2 cups shredded carrots
- 1 large stalk celery, coarsely chopped
- 3 tbsp minced fresh ginger
- 2 tbsp minced garlic
- Three 8-oz packages fettucine-style shirataki noodles, drained and well rinsed
- 4 cups shredded cooked skinless chicken breast
- 3 tbsp chopped fresh dill
- 1 tbsp lemon juice
- Salt and ground black pepper

The conventional wisdom of cutting carbs and calories generally has meant that pasta is a no-go.

But recently, a new noodle has challenged that thinking, giving dieters a fresh — albeit slightly different — way to have their pasta.

Shirataki noodles have attracted the attention of so many dieters of late. Their appeal? No carbs, no fat and almost no calories.

These slightly chewy noodles are made from a water-soluble fibre that comes from a type of sweet potato. Though they once were found only in Asian markets, they have begun showing up in most large supermarkets.

1. In Dutch oven over medium heat, bring broth to boil. Add carrots, celery, ginger and garlic. Cook, uncovered, until veggies are tender, 8 minutes.

2. Add shirataki and chicken. Simmer until noodles are just hot, 3 minutes. Stir in dill and lemon juice. Season with salt and pepper. THE ASSOCIATED PRESS

NHL

Canucks lose Kesler to foot injury

Ryan Kesler's return to the Vancouver Canucks lineup lasted just seven games.

The Canucks announced Wednesday that their second-line centre has a broken right foot and could be sidelined for up to six weeks. Canucks coach Alain Vigneault told reporters the fracture showed up on a CT scan Wednesday morning.

Vigneault did not say exactly when the injury occurred, but indicated that Kesler may have played with it before the results of the CT scan revealed the fracture. THE CANADIAN PRESS

World Baseball Classic

Canada names its starting pitchers

Canada has named its three starting pitchers for the first round of the World Baseball Classic (WBC).

Baseball Canada's Greg Hamilton says Chris Leroux, Shawn Hill and Scott Mathieson will take the mound next week against Italy, Mexico and the United States.

Canada, which opens the WBC against Italy on March 8 in Arizona, before facing Mexico on March 9 and the United States on March 10, has yet to decide which teams the starters will pitch against. THE CANADIAN PRESS

Pittsburgh Pirates relief pitcher Chris Leroux THE CANADIAN PRESS

Karlsson injury sparks Kevlar debate

NHL. Protective socks could have mitigated top blue-liner's injury, but style and comfort still have some players wary

Reigning Norris Trophy winner Erik Karlsson's season ended Feb. 13 when Matt Cooke's skate cut his left Achilles tendon in a game between the Senators and Penguins. FRANCOIS LAPLANTE/FREESTYLE PHOTO/GETTY IMAGES

Ottawa defenceman Erik Karlsson's season ended with one vicious slash of a skate blade across his left Achilles tendon.

He hopped off the ice on one skate and went straight to the locker room, with a green light for the operating table.

Karlsson was sliced by Penguins forward Matt Cooke's skate blade as the two tangled along the boards on Feb. 13. The incident was a bleak reminder of how one wrong cut can cause serious damage. Karlsson, the Norris Trophy winner last season, is out for the season but expected to make a full recovery.

As nasty as it was — and as much as Cooke's motivations have been debated — there's a chance Karlsson's injury could have been prevented or at least drastically lessened.

Karlsson could have worn Kevlar-reinforced socks that are touted as cut-proof. The sock is far from mandatory, but Karlsson's injury has made some players think hard about adding a new layer of protection. The Washington Capitals had a box of socks waiting for them before a recent practice.

The socks should be a growing trend in the NHL but some players are still resistant to using them. The use of Kevlar is being debated for other exposed areas too. It could be a new wave of protection in a game that appears to be getting more dangerous by the season.

Kevlar, high-impact material used by military, law enforcement and NFL players for body armour, could be the answer.

"That was a scary incident," New Jersey Devils coach Peter DeBoer said. "I mean, they're fluke things, but I coached (former NHL forward) Richard Zednik who had his artery cut with a skate blade. Guys are moving so fast and plays are happening so spontaneously that I think the more Kevlar we can get on these guys the better, because you can see it's something that doesn't need to happen obviously if you're wearing something like that."

Karlsson's not alone. Just last week, Winnipeg Jets defenceman Zach Redmond suffered a gash to his right femoral artery and vein after he was accidentally cut by a teammate's skate during a drill. He was taken to the hospital and underwent a three-hour surgery.

But not all players are on board with the safety upgrade.

Penguins forward Tyler Kennedy told reporters he was "taking a risk" by not wearing the socks in the aftermath of Karlsson's injury. He cited general discomfort as the main issue. Capitals defenceman John Erskine complained the sock was thick around the ankle.

Issues with style or comfort are the same excuses given by former players who protested for decades about wearing helmets.

And those stances are tough to break. Flyers general manager Paul Holmgren said convincing players to switch up their equipment, even if it could prevent injuries, is a tall order.

"Whether they can make these protective devices smaller or lighter, I don't know," he said. "But we haven't found the right formula yet in order to get all of our players to wear them." THE ASSOCIATED PRESS

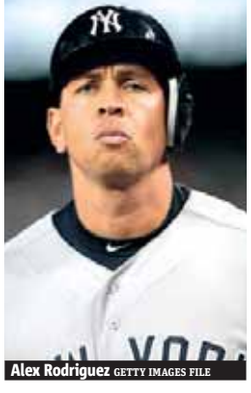
Changing attitudes

The NHL has made great strides in beefing up head safety and making helmets and other protective gear mandatory. Down the line, swapping lightweight socks to these cut-resistant ones could be on the agenda.

- Sometimes all it takes to get a player to change his mind is a good scare. After Detroit Red Wings centre Valtteri Filppula missed a 2011 game because of a deep cut on his right shin, he returned wearing a Kevlar sock.

4 SPORTS

MLB. A-Rod's charity donated 1% of gains: Report



Alex Rodriguez GETTY IMAGES FILE

New York Yankees superstar Alex Rodriguez gave away only one per cent of proceeds raised in the first year of his non-profit charity, the A-Rod Family Foundation, the Boston Globe reports.

According to the report, Rodriguez raised $403,862 US in 2006, but donated only $5,090 to charitable causes.

The published report says that the foundation operated by Rodriguez donated $5,000 to Jay-Z's Shawn Carter Scholarship Fund and $90 to a Little League baseball club in Miami.

A year later, in 2007, the Internal Revenue Service stripped the A-Rod Family Foundation of its tax-exempt status after it failed to submit the proper paperwork, according to the report.

Boston reporter Callum Borchers noted in the story that non-profit experts recommend that foundations devote 65 to 75 per cent of every dollar directly to the stated mission.

"Athletes' charities are subject to many pitfalls," Greg Johnson, executive director of the Sports Philanthropy Project in Boston, told the Boston Globe, "because most of them are not trained in how to raise and distribute money, and it's difficult." TORSTAR NEWS SERVICE

Below threshold

- The Alex Rodriguez charity information came to light as part of a Globe review of more than 150 IRS filings in the U.S. by 50 non-profits operated by professional athletes.
- The report found that many highly paid athletes fail to meet the threshold of donating up to 75 per cent of every dollar directly to their mission.

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2013
The Orleans Amateur Fastball Association is registering now for the 2013 season. Boys and girls ages 5-18 are welcome regardless of experience. The registration fee includes a team uniform, professional photo, skills event and wrap-up tournament.
In-person registration is February 23rd and March 2nd from 9-3 at Ray Friel Recreational Complex on Tenth Line Rd. On-line registration and more information at www.oafa.org.

Passion still burning inside seasoned skip

Curling. Four-time Brier champ Martin looks to win Canadian title in his hometown

Kevin Martin has won everything there is to win in curling, several times over in some cases.

The skip from Edmonton has Olympic gold and silver medals, four Canadian championships and a world championship on his resumé, plus 17 Grand Slam victories on the World Curling Tour.

So what drives him in the sport now?

"I still really enjoy a good tough game, win or lose," saidMartin, 46. "It's tough in games that don't mean a lot, but the big ones ... those are the games that are fun for me still.

"As long as I really enjoy it, deep down really can't wait to play, I'll play. Once you don't feel like that, your days are done. I haven't got that yet."

Kevin Martin celebrates winning the gold medal in men's curling at the Winter Olympics in Vancouver on Feb. 27, 2010. The Edmonton skip has his sights set on winning the Brier in his hometown. TORSTAR NEWS SERVICE FILE

The 2013 Tim Hortons Brier opens Saturday at Rexall Place. Martin's team out of Edmonton's Saville Centre represents the host province.

What's new for Martin is the chance to win a Canadian title in his hometown, having never before played a Brier in Edmonton.

He did win the Olympic trials at Rexall Place in 2009 for the right to represent Canada at the 2010 Olympic Winter Games in Vancouver and Whistler, B.C.

Martin, third John Morris, second Marc Kennedy and lead Ben Hebert, won gold in Vancouver. They'll be the darlings of this Brier as both the host team and the reigning Olympic champions.

Martin can also become the first skip to win five Canadian titles, surpassing Saskatchewan's Ernie Richardson and fellow Albertan Randy Ferbey at four.

Two of Martin's four previous Brier titles were won in Alberta, but both in Calgary.

"It's Canada's biggest party if the Grey Cup's not," said Martin.

Alberta's Martin, defending champion Glenn Howard of Ontario and three-time winner Jeff Stoughton of Manitoba are the headliners of the 12-team field.

THE CANADIAN PRESS

What's at stake?

The winner of the Brier final on March 10 will represent Canada at the Ford Men's World Championship in Victoria from March 30 to April 7.

Justin Germano TORSTAR NEWS SERVICE

MLB. Germano helps his cause with strong outing

On a day where Toronto pitchers were handing out hits like Halloween candy, a stingy Justin Germano stood out.

The journeyman right-hander threw two scoreless innings of relief, striking out four. The Houston Astros feasted on the rest of the Jays pitching, with 18 hits in a 10-1 Grapefruit League win Wednesday.

"He was really the only one that was sharp today," said manager John Gibbons. "Everybody else got hit around pretty good or they had trouble locating the ball or (were) behind everybody. That's two good ones in a row for him." Prior to signing a minor-league contract with the Jays in November, the 30-year-old right-hander had stints with the Padres, Indians, Reds, Cubs, Red Sox and South Korea's Samsung Lions.

"I was able to throw strikes with all three pitches, got a few strikeouts and I felt it was a pretty good outing," said Germano.

There are a lot of pitchers competing for two spots in the Jays bullpen. Gibbons, who is looking for a reliever who can "eat some innings up," said Germano helped his cause Wednesday

"You never know. He's got some experience."

THE CANADIAN PRESS

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metro

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Both the good and the bad points of your personality will stand out in sharp relief today. There is no reason at all why you should disguise your true nature. Others only disapprove because they are jealous.

♉ Taurus
April 21 - May 21
Make a special effort to think before you act today, as you could easily go over the top in some way. Even the most cautious of bulls could say or do things that might damage their reputation, so be careful.

♊ Gemini
May 22 - June 21
Friends and colleagues will do the opposite of what you ask of them today. Now that you know that you know how to get 'round them, don't you? Ask them to do the complete reverse of what it is you want!

♋ Cancer
June 22 - July 23
However tough things may get over the next 24 hours, you must not compromise your principles or show signs of weakness. You may not be in a position of strength but you do possess formidable strength of character.

♌ Leo
July 24 - Aug. 23
If you have moments of self-doubt today don't just ignore them and plow ahead regardless. Listen to what your instincts are trying to tell you and, just this once, be a bit more cautious in your actions.

♍ Virgo
Aug. 24 - Sept. 23
There may be nothing you cannot do if you put your mind to it but it will pay you to be a bit more selective in your goals. Some things come naturally to you and those are the things you should focus on.

♎ Libra
Sept. 24 - Oct. 23
Yes, the truth hurts, but it will hurt even more if you try to avoid it. That applies especially to your career where some kind of setback is likely to annoy you. But what is it trying to teach you?

♏ Scorpio
Oct. 24 - Nov. 22
Your life has become far too complicated and you must find ways to simplify your everyday activities. Forget about all those big ideas swimming around inside your head — get serious about details.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be impulsive by nature but the planets warn if you overdo it between now and the weekend you will need to give yourself a lot of time to recover — time you cannot really afford to waste.

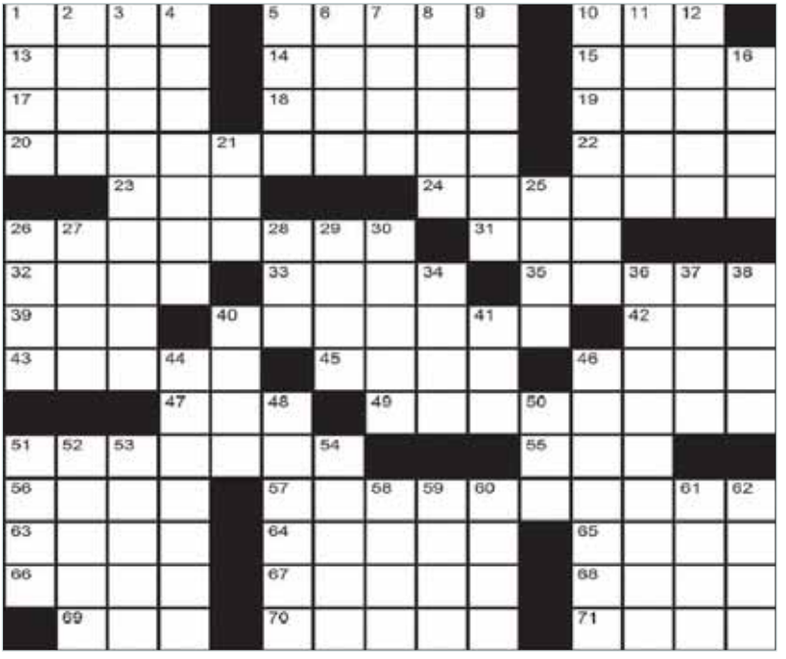
♑ Capricorn
Dec. 22 - Jan. 20
What you learn about other people is useful. What you learn about yourself is priceless. Something will happen today that gives you an insight into the way your subconscious works — an insight that leads to greater happiness.

♒ Aquarius
Jan. 21 - Feb. 19
Many things are changing and you may not be entirely happy about it. But deep down you know it's time to move on and if you can't make the move yourself fate will make it for you. Your move!

♓ Pisces
Feb. 20 - March 20
Venus, planet of personal love, links with Neptune, planet of universal love, in your sign today, making this the ideal time to reach out and change people's lives. Use your gift of compassion. SALLY BROMPTON

Crossword: Canada Across and Down

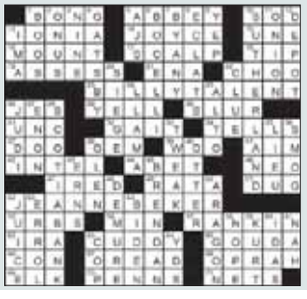
BY KELLY ANN BUCHANAN



Across
1. Lion's share
5. Belonging to Sweden's biggest band
10. New Zealand parrot
13. Sacred Buddhist peak
14. Hen's home
15. "This is __ _ big mistake!"
17. Cartooning, for short
18. __ Max ($50 million top prize draw)
19. Shakespearean word
20. Reality series now with a Canadian version on Slice: 2 wds.
22. __-and-haws
23. Bird's beak
24. Toronto's big airport
26. Boardroom events
31. Canada __ (Brand of ginger ale)
32. Kind of musical work
33. Macbeth's burial place
35. Cain's biblical son
39. Always, to a poet
40. Western province
42. Gladiator's 7
43. Bird beds
45. "__ la Douce" (1963)
46. Photog's originals, for short
47. _ _ _ Speedwagon
49. Colleen of "Anne of Green Gables"
51. "Wind __ My Wings" by Midler
55. And: German
56. __. donor (Unknown benefactor)
57. Assume control: 2 wds.
63. "Oops!... _ __ It Again" by Britney Spears
64. __ by the rules
65. Played-with-a-bow instrument
66. "How to __ a Guy in 10 Days" (2003)
67. Tricked
68. Eye part
69. Nourished
70. Make amends
71. Water bird

Down
1. Biblical land where Moses was buried
2. Prefix to 'potent' (All-powerful)
3. Canadian History: Land lords of New France
4. Donut-middle treats
5. Folkie Mr. Guthrie
6. Winter footwear, just one
7. The pair
8. Take _ __ (Move foreward)
9. Stashed
10. Movie director Ms. Bigelow
11. "The Princess Bride" (1987) star, Cary __
12. Texas landmark to 'remember', The __
16. Formal org.
21. Baseball stat.
25. Expanse
26. Big name in faucets
27. Sword sort
28. Goose egg
29. Desert in Asia
30. Ventriloquy puppet of classic TV, Mortimer __
34. Weapon: French
36. The 'O' of BTO
37. Slang-style smokes
38. School subj.
40. On the ocean
41. Shooting marble
44. Was a hot topic on Twitter
46. Canadian territory since 1999
48. Federal government's centre
50. "Er, what?"
51. Release-from-the-slammer money
52. Arnold Schwarzenegger movie, "__ Days" (1999): 2 wds.
53. Racket
54. Custom
58. Metric weight, for short
59. Biblical garden
60. Give up
61. Movie-__
62. Flair

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		7				5		
	9		1		7		6	
2	3						7	9
		3	4		2	7		
4								8
		1	6		9	4		
3	1						5	7
	7		9		5		1	
		8				2		

Yesterday's Sudoku

4	7	6	8	9	2	3	5	1
5	9	2	3	7	1	6	8	4
1	3	8	5	4	6	9	7	2
9	8	7	1	3	4	2	6	5
6	4	5	9	2	7	8	1	3
2	1	3	6	8	5	7	4	9
8	6	1	2	5	9	4	3	7
3	2	4	7	1	8	5	9	6
7	5	9	4	6	3	1	2	8

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Friday 0°/-6° Flurries 40%
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